

Essay
on
Dyspepsia

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of Pennsylvania

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On.

Dyspepsia

As a student cannot be expected to have it in his power to offer many new and valuable observations on a subject, which has for a long time, claimed the attention of men of the greatest genius, industry and experience, it will not be a matter of surprise, that in this treatise, little is to be found original, except the phraseology.

Dyspepsia is a disease, which is oftentimes extremely difficult and perplexing in its management. It attacks persons in every situation in life, though it particularly selects as its victims, the studious, the unfortunate, the indolent and the intemperate.

Its symptoms are, flatulence, eructations of various kinds, pyrosis, cardialgia, gastrodynia, nausea and vomiting, a sensation of heat, referred to the stomach, a gnawing sensation in the stomach especially when empty, constipation, indigestion and disturbed sleep. Jaded tongue, the appetite is various in some cases it is voracious, in others every kind of food disgusts, in others it is depraved, selecting most improper articles as diet, chalk &c. Generally there is great depression of spirits and the

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patient feels languid and disinclined to use any kind of exertion.

Owing to the powerful sympathies of the stomach, most distressing and sometimes most alarming affections are induced. These, however, generally disappear upon a removal of the gastric disorder.

The causes of Dyspepsia are: intemperance in eating or drinking; the use of strong tea or coffee, of acids or of gross or indigestible food; the habitual and excessive use of opium, anodyne spirits, Potters or aromatics; frequent vomiting; the habitual use of nitre; excess in venery; an indolent and sedentary life; grief or vexation of mind; intense study or application to business; decaying teeth and a foul mouth.

Treatment. It is important that the patient should relinquish all such practices as have any agency in the production of the disease. When the disease is but slight, this will sometimes cause its removal. Anxiety or depression of mind occasioned by misfortune in business, often induces an extremely obstinate form of dyspepsia. Here we should be careful not to push our treatment too far, as while this state of mind continues, we can do little more than palliate the symptoms. In these cases, a fortunate

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change in the affairs of the patient, will do more towards the cure of his complaint, than any article the Materia Medica affords.

The first indication in the treatment of this disease is to remove all acrid and offensive matters from the stomach and bowels.

To relieve the stomach of its offending contents, we resort to an emetic. Spicacuanha is to be preferred for this purpose, as it evacuates the stomach without occasioning violent vomiting. Some have thought that it possessed a peculiar power in the cure of dyspepsia.

In the purpose of evacuating the bowels, the mild laxatives are to be preferred.

Rhubarb is an excellent aperient in this disease, as it possesses a tonic as well as a laxative property. It is often objectionable on account of its astringent nature. This may be obviated by combining it with magnesia or either of the alkalis or their carbonates or with soap.

A combination of Lac Sulphuris and Magnesia in equal parts, is recommended as a laxative, admirably suited to such a state of the bowels as usually exists in dyspepsia.

The Pills of the ~~be~~ dried in a dish by the heat of a sand bath

Washoe

San-Luis

is said to act as a certain and active Laxative, and may perhaps in some cases be advantageously prescribed.

Now, are regarded by some as an useful Laxative in dyspepsia.

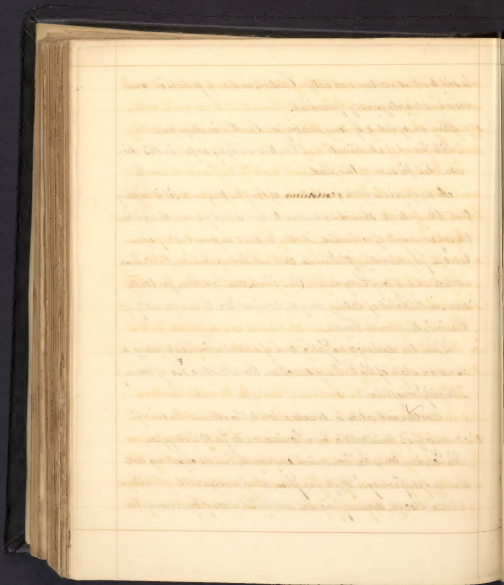
Tells joined of a combination of Laxatives as highly useful in this disease. See p. 115 - one of this kind.

As dyspepsia is often the ~~preliminary~~ of long continuance, it is necessary that the patient should endeavour to have a daily evacuation, without the employment of cathartics. If the patient depends entirely upon Laxatives, for unloading the bowels, this use becomes habitual. Dr. Ferri attended an elderly Lady in the East Indies, who had been, for thirty years, in the habit of taking, every night about bed time, a quantity of Rhubarb, to move her bowels.

When the discharges are Latex and of a dark colour, indicating a disordered state of the Biliary secretion, the alterative use of Mercury is highly beneficial.

Another indication is, to restore tone to the stomach and bowels. A variety of tonic articles have been resorted to for this purpose.

The Peruvian Bark has been much employed, but its effects are not always satisfactory. "Dyspepsia from an obstructed state of the chylificative system, certainly would not be benefited by it, and even



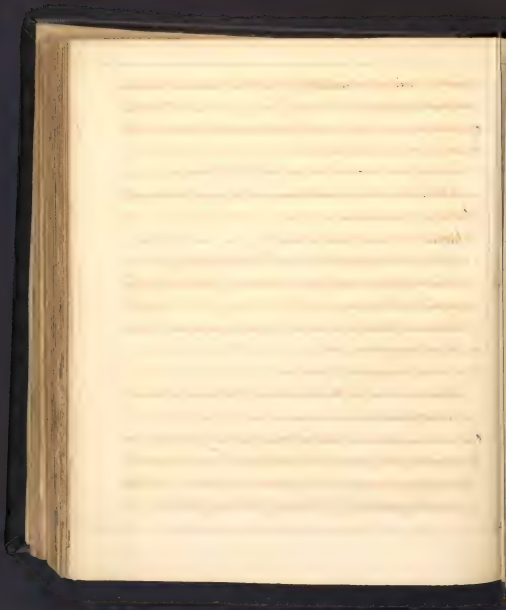
wind dependent on more solidity of the stomach, to which it would
seem most appropriate. I have not found it to be either
oppressing than invigorating that viscus, and sometimes swelling
kisses and warm dishes" &c.

The Eucasia is said to, and will probably be found to, warm
much better than the bark in substance, as in the proper dose, it is far
less irritating to the stomach.

Quinine is, however, more to be used in powder, to give
a solvent, & the solvent has been the best of warm, treacle
and, as it is pretty certain, no more suitable solution for it, the
sugar should be dissolved.

There will, however, be a little more of a suitable to be
-co. In such a quantity, I may be said to need the expression, from
which had in connection to the stomach -

In other matters, the Quinine is, and the Alkali's Quinine,
and Alkali's Quinine are to be avoided, in this, and in the matter of
then, which are better, to be used, in the matter of importance
by stimulating the stomach to increase its, and something like
a healthy performance of its functions, they mitigate the irritation
of the stomach, though they may, in some cases, take a complete cure of the



disease. Their effects, ~~undoubtedly~~ it is well known, are but transient; after the excitement, which they have caused, has subsided, the symptoms return with equal if not additional violence. The patient again and again resorts to his physician, of necessity increasing the dose; and, perishes not his danger, until it is too late. He becomes enlisted under the banner of that merciless destroyer of all that is great and noble in the human character - habitual intemperance.

This authority wanted to corroborate this statement, we have it in the almost daily instances of the fate of dyspeptics who have sought relief from any of these articles. We have it, in the testimonies of the most respectable and enlightened physicians.

The following anecdote which exhibits the extreme & opinions of the justly celebrated Dr. Ferriergill, in strong light, deserves to be generally known.

Dr. Ferriergill, a student in London, in the course of a conversation he had with Dr. Ferriergill, was informed that one of the upstart adepts of the new system of medicine had derived from the use of a lent fruct, and of



in a case of this kind, the same is. Previous however, to the late
use of I. S. from England. In this country, I believe
called upon him, in order to remove any impression he, I believe
must have received from that conversation, in favour of the
use of acetate of zinc in dyspepsia. We let it that a number
of indigestible patients had become his usual dependants,
that he now considered the employment of acetate of zinc
in this disease, to be unwarrantable.

In those cases where the disease is caused by the indigestion
use of acetate of zinc, they are not, perhaps, highly objectionable.
But even here, as the cure depends upon a complete reformation
of the system, it is advisable to resort to some other article of a
stimulating nature.

Europe has now been tried on this subject. I shall therefore
need to mention other trials employed, but in case of dyspepsia
in general.

Colicula of the liver, highly valuable in this disease. It is given
alone or with other substances and is to be used in powder or infusion.

Jurissia. This article is worthy of some confidence. It is given in
infusion or extract.



Peni. Sili. The properties of this drug is often a great remedy provided it is judiciously administered to that genus of the disease which arises from irritation in the use of mercuric diuretics.

Peni. Nuc. It is an older remedy, of this the reputation of it seems not to be improved.

Peni. Sub. Endon. or *Endon. Peni.* This is the preparation of iron used in the Venetian cathartic powder. It is also given in the form of a pill & diffused in wine.

Peni. Sulph. This preparation perhaps constitutes *Peni. Sili.* It is a dose is small and hence it is conveniently exhibited in pills.

Peni. Muc. This perhaps meets the same properties as the sulphate, and is adapted to the same purposes.

Peni. Rhus. This preparation which has lately been introduced into practice, as an antiseptic for stopping high & tonic, acridities, and greatly extolled as a remedy in intermittent fever, has not yet, to my knowledge been confirmed in this country. But if it really deserves the encomiums which have been lavished upon it as a tonic, it will not be long before we hear of its being a very valuable remedy in the complaint.



Ferruginous: Iron can give in its pure state in the form of iron filings. It is thought by some, to be better adapted to digest in wine than either its oxides or its salts. This is far from being the general opinion. Although, when the iron is combined in this state, it is unquestionably, sometimes productive of much benefit.

But a tonic superior to all others in this respect, is cascarilla. Be it of what kind it may, it should not be employed immediately after a meal. It should be given a few mornings before the validity of the patient to use it.

Cascarilla, contrary, by withdrawing the attention of the Patient from his sufferings; and by the elimination of secret which it causes, often contributes to invigorate the system.

There is some ground in this opinion, and is often a good one. The scales of various minerals, rings are much used, and for some time, receive. The advantage derived from a visit to such springs, would be entirely attributed to the use of these waters, in cases, if drunk at home, it would not be productive of the same benefit. The reason of this being, the mineral water is not within such occasions, and the change of scene, and of air, is a great aid to the cure.



By increasing the excitement of the cutaneous vessels, which in this disease are generally in a torpid state, the system will be invigorated. The excitement of the cutaneous vessels may be increased, in the case of

The cold bath, if after its employment reaction takes place, the continuance of which will be a given over the whole system. But if we have reason to believe that, from the action of the patient, reaction will not soon take place, or that it will be inequise or partial, we may resort to the

Warm Bath to which stimulating articles as, salt, mustard &c. may be added. This should always be taken in a warm room. After coming out, the patient is to be wiped perfectly dry.

Frictions with a Flannel or Brush, either alone or aided by some stimulating article, may be, sometimes, advantageously employed.

To preserve the cutaneous excitement, as well as to protect the patient from the vicissitudes of the weather, Flannel should be worn next to the skin.

The feet of dyspeptics are generally cold. Having to the Gen-

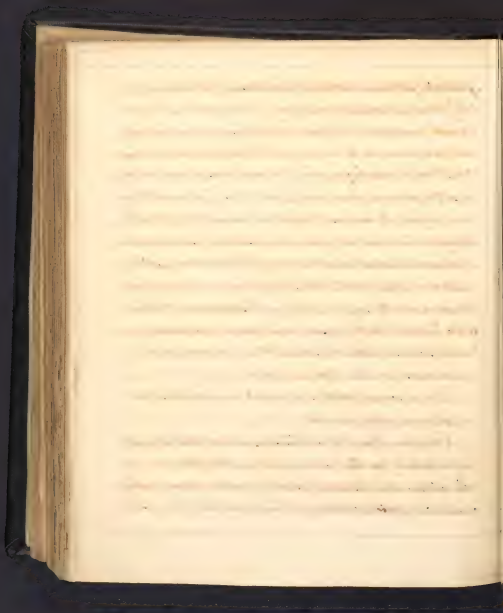


guidance of the circulation through them. This condition of the feet is not only very disagreeable to the patient, but also tends to obstruct the disease. In 1st place, in an infant, and for an easy method of removing this inconvenience, it is recommended to wear a pair of German socks or velvet stockings, the inner surfaces of which, have been lined with Egyptian cotton. If owing to the depth and immovability of the feet, the feet should not take effect, the feet should be soaked in warm water rendered somewhat stimulating by the addition of salt mustard or ash. After this they should be wiped dry, and again introduced into the original stockings. This treatment, applied to the feet of a healthy woman, would produce a sensation of burning, almost intolerable, but in those of a dyspeptic it produces more like a pleasant glow.

There are several affections attendant on dyspepsia, which now demand notice, and first,

Indigestion or Heart Burn. This is an extremely distressing affection, arising from the presence of acid in the stomach.

The Salt Nitrate of Potash has been recommended as affording considerable relief. Although it has undoubtedly some of various



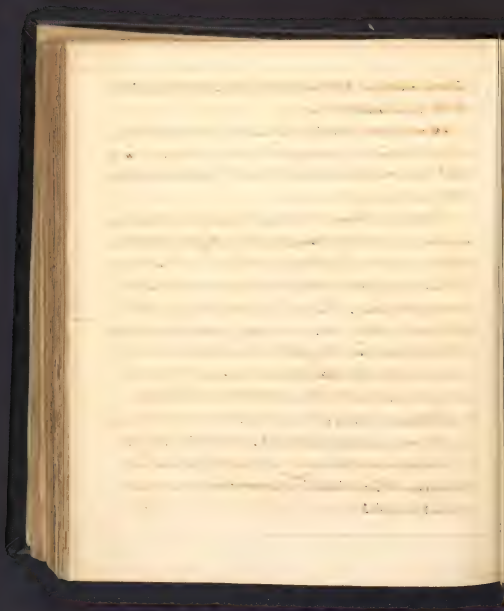
in some instances. Little confidence appears to be placed in it,
by the physicians in this city.

As cardialgia arises from the presence of acid in the stomach,
it may be relieved by converting the acidity to a more or less
salty or an alkaline earth. The following preparation is among
those most frequently employed.

The alkaline solution, tho' though a remedy, is not a
very valuable remedy. It seems not only to palliate the dis-
tressing symptoms, by neutralizing the acid in the stomach,
but also by giving tone to the stomach to contribute to the
cure of the disease. It is prepared in the following manner.
To a quart of Rhenish wine add a tea-spoon full of soda; a gallon
of Spring water is to be added. These articles should be stir-
red up well together, then allowed to stand for ten or
twenty hours, when the liquid is to be decanted for use.

The Fixed alkalis and their carbonates are often administered, and
may be given in solution, pills or jalap, or in the form of drops.

The carbonate of ammonia is frequently employed with
advantage. It is exhibited in solution, the more carbonates am-
monia in pills.



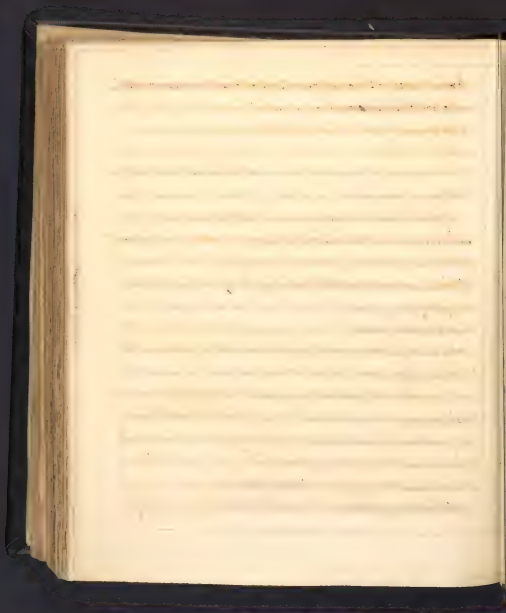
Equal parts of Linseed oil and milk form an excellent remedy in these cases.

Magnesia is well adapted to these cases, where constipation exists.

The cathartics, &c. &c. are useful, when relaxation of the rectum is not desirable.

Hiccus is another extremely distressing affection, and almost incurable. It consists in a paroxysmal spasmodic contraction of the diaphragm, followed by a flow of air into the mouth. The voice is sometimes of such an acid quality, as to set the teeth on edge, as if the mouth had been closed with a very diluted acrid vapor.

The emetic is recommended in these cases, not only to evacuate the stomach, but also by its irritation effects upon the circulation about a more healthy action. Some cases yield to the best emetics, the larger number require two or three. But warm emetics have not produced any permanent effect, & wine or punch will be necessary. As a cathartic, which may be used with advantage in this affection. Among these the Sub-Nitrate of Bismuth is an article which Dr. Ferri has



recommended. Its standing in this affection is the same as cardialgia.

The balneae just mentioned are useful in cardialgia, are often
of service in dyspepsia. Opium is useful as a palliative.

Gastrodynia is an extremely painful affection, which
sometimes accompanies dyspepsia. A number of antispasmodics
have been recommended for its relief. Of these Opium is the best.

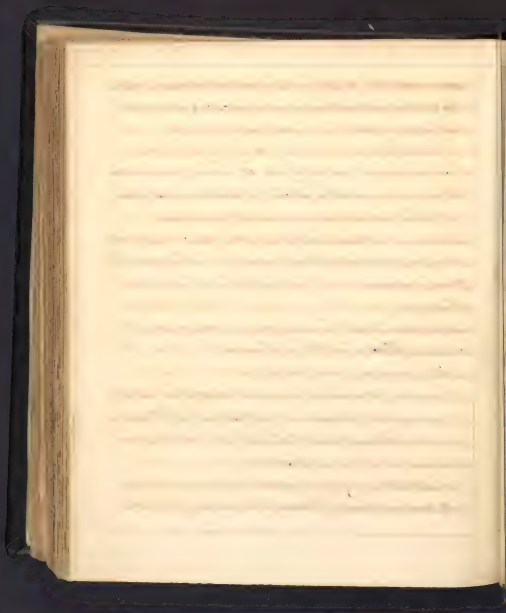
New milk is sometimes employed with advantage.

Distending the stomach with tepid water often bears conspicuous
advantage, the taking a small quantity of boiling water. The
former is supposed to act by relaxing the latter by stimulating
the stomach.

If the spasm should be alarming, and if it does not give to these
remedies, a Plaster should be applied over the stomach. This
is often productive of great advantage.

A number of articles are recommended as useful in warding
a recurrence of the hæmorrhage. Among them are: *Stem. Peruvianum*
propagatum, *Thermus Cordial*, *Vol. Sinct. Guaiac. Spick of Tree*
Antimony, *Salt Nitrate of Bismuth*.

Hæmorrhoids. Hemorrhoidal patients are often much troubled
with accumulations of flatus in the bowels, giving rise to what

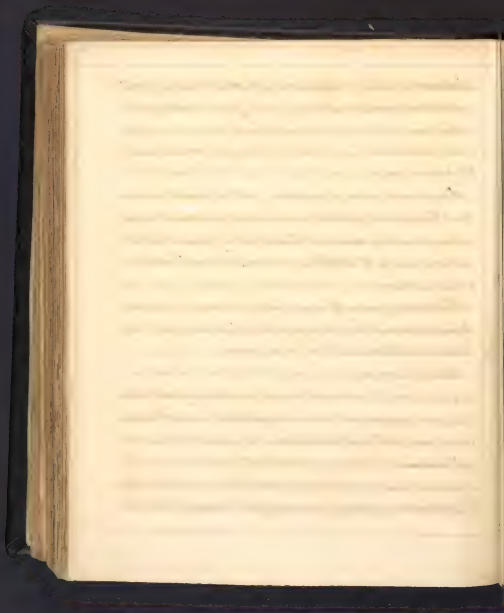


is commonly termed, *Sp. latent colic*. In its treatment, opium and other are useful. It is the *Sp. of Inflammation* often occurs a combined with the *colic of wind*: in the dose of 15. *grs* dose of the former with 5 of the latter. This may be taken in 2 or 3 the powdered sugar.

The acromatis are much improved for the relief of this affection. Ginger tea, mint tea &c are often of service. As there is generally, in these cases some acidity in the stomach, it is not uncommon to exhibit an acromatis in combination with an antacid.

Should the affection be very distressing or have very obstinate fermentation with flatulence, or the application of a spiritous plaster to the abdomen will be found useful.

Treat. It is necessary to pay strict attention to the diet, in dyspepsia. The food should be simple and easy of digestion. When an ager comes with a dyspepsia stomach. Patients when milk will not be well received by the stomach, meat will answer well. Opium can certainly be used as generally a laxative and, upon action of diet. It is generally used. Enriched when necessary, prepared often answers well for food.



fast instead of coffee. Coffee and green tea should be prohibited. At dinner the patient may eat, beef, mutton, & fish of white muscle or game, but veal, lamb, pork and potatoes are to be forbidden. He should feel rather a full meal of any kind, as the sympathetic crust which is worst here, is extremely indigestible. There is no species of digest which is not objectionable. Dextro is inadmissible. Crackers, too bread, a bread made of unrefined flour (which crust is of a Cassive nature & badly digestible) may be used. The best is to be abstained. It is a common opinion that dry bread is proper, but this is not the case, as it is very apt to undergo the acetic fermentation, and is very difficult of digestion. In some cases, as in the case of cancer, a hot water or tea must be drunk should be avoided.

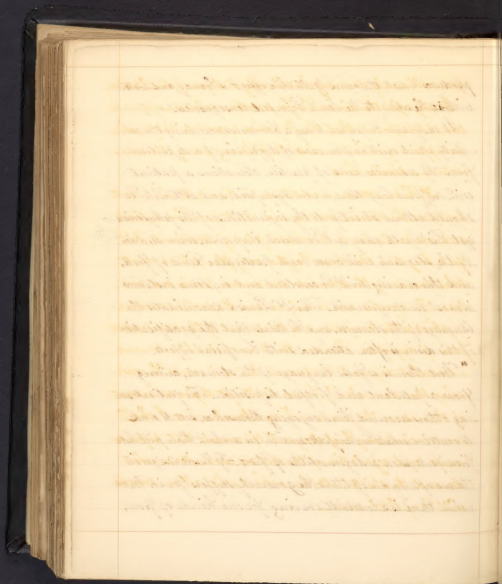
The best kind of drink for a dyspeptic is water. Good pound Madeira, old Sherry or Port wine may sometimes be allowed. The colder wines are injurious. Let the advice of drink be what it may, the patient should use but little. Ginger tea is an excellent drink when there is much distension of stomach immediately after eating or between meals. It



produces much the same palliative effect as Brandy and water without leading to the same baneful consequences.

It may now be proper to say a few words concerning the necessity which exists in some cases of dyspepsia, of a departure from the common rules of practice. Sometimes a patient will suffer a long time, under dyspepsia, and although he should attend strictly to the injunctions of his physician yet his health may not be much improved, when suddenly the stomach will crave some particular kind of food, and this craving will be constant and in some instances almost unconquerable. This Dr Laroque denominates the language of the stomach, and he thinks that the gratification of this desire is often attended with beneficial effects.

"But there is a false language of the stomach, arising from a petulant and fretful disposition. The patient seeing others around him enjoying themselves, sets to work to contrive what he may eat, and in a short time will have fixed perhaps on a dozen articles of food. If he indulges in the use of any one of them, he generally suffers for it. But where there is a constant craving for one kind of food,



you will rarely do wrong in allowing it to your patient." &c. &c.

Shortly after the disease has for sometime resisted a systematic plan of treatment, that the Dr. advises a resort to this practice, in support of which he relates the following among other anecdotes of a similar kind

I have attended a gentleman in this city, E. S. with dyspepsia. His stomach was very acid, the Dr. gave him antacids and was particular in his dietetic plan of treatment. But for a long time the disease baffled every plan of treatment. When suddenly the stomach demanded pickles and vinegar. The appetite was indulged and the patient recovered.

Such is the description and treatment of the more common forms of dyspepsia. There are other forms of it which demand a somewhat different treatment. But as it would be consuming time unnecessarily, for me to attempt to give an account of them, since they are so well described elsewhere, I shall now conclude my brief essay with this remark; that proper exercise and regulation of the diet are circumstances which demand the strictest attention, without which all our remedies will be of little avail—

